



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01141, Egg, turkey, whole, fresh, raw

Report Date: July 09, 2017 12:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	72.50	5	0.372	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	171	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	716	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	13.68	5	0.613	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	11.88	5	0.188	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.79	4	0.049	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	1.15	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
<strong>Minerals</strong>													
Calcium, Ca	mg	99	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	4.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	170	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	142	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sodium, Na	mg	151	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Zinc, Zn	mg	1.58	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Copper, Cu	mg	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	34.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.470	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.024	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	1.889	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-6	mg	0.131	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, total	µg	71	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	71	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

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Folate, DFE	µg	71	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	1.69	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin A, RAE	µg	166	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	166	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	554	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
<b>Lipids</b>													
Fatty acids, total saturated	g	3.632	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
14:0	g	0.036	3	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	2.719	4	0.075	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.877	4	0.053	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	4.571	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.672	4	0.099	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	3.899	4	0.137	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total polyunsaturated	g	1.658	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	1.166	4	0.121	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.079	4	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:4 undifferentiated	g	0.127	4	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cholesterol	mg	933	10	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Amino Acids</b>													
Tryptophan	g	0.219	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.672	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Isoleucine	g	0.855	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Leucine	g	1.201	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Lysine	g	0.924	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Methionine	g	0.442	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cystine	g	0.326	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	0.773	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Tyrosine	g	0.569	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Valine	g	0.985	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.876	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Histidine	g	0.330	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Alanine	g	0.799	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Aspartic acid	g	1.357	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glutamic acid	g	1.742	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glycine	g	0.455	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Proline	g	0.543	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Serine	g	1.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976